

WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

Pella Christian Grade School has a mission of “Proclaiming the Lordship of Jesus Christ in all spheres of life and learning, Pella Christian Grade School, together with the parents, provides excellent academic training rooted in God’s infallible Word, challenging students to develop their individual God-given gifts for a life of service in God’s kingdom.” The Pella Christian Grade School board is committed to the optimal development of every student. The board believes for students to have the opportunity to achieve personal, academic, developmental, and social success, every learning environment must be positive, safe and health promoting at every level.

The school is governed by the board of directors and strives to provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom shall be aligned with healthy school goals to positively influence a student’s understanding, beliefs and habits as they relate to good nutrition and regular physical activity. In accordance with law and this belief, the PCGS board commits to the following goals:

- Nutrition Education and Promotion: PCGS will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.
- Physical Activity: PCGS will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.
- Other School Based Activities that Promote Wellness: As appropriate, PCGS will support students, staff and parents’ efforts to maintain a healthy lifestyle.

The following guidelines will be adhered to:

1. PCGS will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing local nutrition and physical activity practices and policies. The food service committee, in conjunction with the education committee will serve as the local review committee of this policy.
2. All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis. This will include an articulated curriculum, offering a wide range of activities leading to lifelong physical health.
3. To the extent possible, foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
4. Food Service personnel will provide students with access to a variety of affordable nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning, and will provide clean, safe, and pleasant settings, and adequate time for students to eat.
5. To the extent it is possible; PCGS will participate in available federal school meal programs.
6. PCGS will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community service.

7. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and National School Hot Lunch Act.
8. Students will be provided access to hand washing or hand sanitizing before they eat meals or snacks.
9. PCGS discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, restrictions on some children's diets and the spreading of illness.
10. PCGS encourages families and staff to consider healthier alternatives for snacks given to students throughout the school day. (e.g. classroom parties, foods given as a reward, classroom snacks, etc.)

Qualification of Food Service Staff:

Qualified nutrition professionals will administer the meal program. As part of Pella Christian Grade Schools' responsibility to operate a food service program, Pella Christian Grade School will:

- Provide continuing professional development for all nutrition professionals;
- Provide staff development programs that include appropriate certification and/or training programs for food service employees, according to their levels of responsibility.
- Provide the USDA established-continuing education hours and training for all food service employees.

Food Safety:

All foods made available through the Food Service Department will follow food safety and security guidelines and comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will continue to be implemented to prevent food illness in schools. For the safety and security of the food and facility, access to the food service operations should be limited to food service staff and authorized personnel.

The Food Service Director shall implement and ensure compliance with the policy by:

- Reviewing the policy at least every three years and recommending updates as appropriate for board approval;
- Implementing a process for permitting parents, students, food service director, physical education teachers, school board and the public to participate in the development, implementation and periodic review and update of the policy;
- Publicizing the policy to the public on the school website, newsletters and handbooks. This information shall include compliance and progress being made in attaining the goals of the policy; and
- Developing regulations, which shall include specific wellness goals and indicators for measurement of progress consistent with law and policy.

